

## January Newsletter



### New Year, New Newsletter

2015 was a great year for Apollo and as the club goes from strength to strength we have more and more information being posted to the Facebook pages, which is very easily missed, so we thought it would be a good idea to consolidate this information in a monthly newsletter.

## Club Membership Renewal



Membership renewal is now live on Cycling Ireland. Any members who have not renewed their club membership by 31st January will be removed from the Apollo CT Training Facebook Group

[Renew Membership Now](#)



## Bike Maintenance Courses

We had our first Maintenance session in Chain Reaction Cycles on Saturday past. All five of the members that attended found it very useful. We have four more sessions scheduled, Sat 23rd and Sat 30th January (both have limited availability, and Sat 6th and 13th February. Please contact Dylan if you are interested. If there is enough interest, further sessions could be scheduled.



## Cycling Ireland Foundation Coaching Assessment

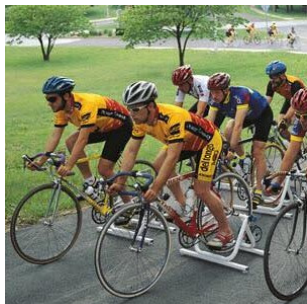
Following the training course delivered to members by Cycling Ireland, members have to design and deliver a coaching session to finish the qualification. We will run a coaching session on Saturday 27th February for this with a meeting at the club house on Monday 15th February to discuss.



## Cycling in Winter

With winter already well upon us we're a bit late. But here are some useful links from around the web to keep you moving:

1. [16 tips to keep you moving](#)
2. [Do you need a winter bike?](#)
3. [Best Winter Clothing](#)
4. [Nutrition for winter cycling](#)
5. [Winter-proof your road bike](#)



## Winter Program

Monday

6.30 Turbo at the Club

**Tuesday**

6.30 Intermediate GYR (16mph avg)  
Pilates at YMCA

**Wednesday**

6.30 Turbo at the Club

**Thursday**

6.30 Racing GYR

**Friday**

6.30 Turbo at the Club

**Saturday**

9am Bun Run from the Club

10am Rockets are back Lurgan Park

**Sunday**

9.30am Sunday Run from the Club

Congratulations Gavin and Robbie



Congratulations to Gavin Hanna and Robbie Smyth on completing the Trail Centre Leader Award. Gavin and Robbie are now fully qualified to take groups of up to 8 people on trails throughout Ireland up to 600m. The pre-requisites for this course included an extensive first aid course to enable the leaders to take care of the whole group should an accident happen. Thank you to Gavin and Robbie for the commitment shown to gain the awards, this is an excellent asset to the club.



### Club Shop Now Open

The Club Shop is now open at Powerhouse Sports. A fitting session has been arranged for Tuesday 26th January at the Club from 7-9pm. The store will remain open until Tuesday 2nd February and deliveries will be expected mid March.

[Buy Now](#)



### Toby's 50th 50km Charity Cycle

Good friend of the Club, and VC Glendale member, Paul (Toby) Watson turns 50 on Saturday 6th February and thought it would be a good idea to have a charity cycle on the same day to raise some funds for the Cancer fund for Children. They have organised an easy 50km route for everyone to enjoy. The ride leaves at 9.15am from Chain Reaction Cycles. Registration is via a donation, minimum of £10, on just giving.

[Register Now](#)

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\* indicates required

Email Address \*